

# 5661 DISTRICT NUTRITION AND FITNESS

## **SUBJECT: WELLNESS/NUTRITION AND FITNESS POLICY**

The Williamsville Central School District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity before, during, and after the school day.

The District has established a Wellness/Nutrition and Fitness Committee that meets at least four times per year to establish goals for, and oversee the development of, the District's local Wellness/Nutrition and Fitness Policy. The Committee will make policy recommendations for review and adoption by the Board. The District Wellness/Nutrition and Fitness Committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents and caregivers;
- b) Physical Education teachers;
- c) School health professionals;
- d) District food service program;
- e) School and District level administrators;

The District Wellness/Nutrition and Fitness Committee will also be responsible for assessing current activities, programs, and policies available in the District, and providing mechanisms for implementation, evaluation, and revision of this policy. In so doing, the Wellness/Nutrition and Fitness Committee will evaluate and make recommendations which reflect the specific needs of the District and its students.

The Superintendent will designate a District Wellness/Nutrition and Fitness Coordinator to convene the District Wellness/Nutrition and Fitness Committee in order to facilitate the development of, and any proposed updates and compliance with this policy.

### **Goals to Promote Student Wellness/Nutrition and Fitness**

The District seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy life-long physical activity. To this end, the District sets forth the following goals relating to nutrition promotion and education, physical activity, and other school-based activities.

### Nutrition Promotion and Education

The District will model and encourage healthy eating by all students by engaging in nutrition education and promotion by:

a) **Classroom Teaching:** Nutrition topics will be integrated within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught at every grade level, K through 12. Nutrition instruction will follow applicable New York State Standards and be designed to help students acquire:

1. Nutrition knowledge, including, but not limited to: the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; and safe food storage, handling, and preparation.
2. Nutrition-related skills, including, but not limited to: planning healthy meals; understanding and using food labels; critically evaluating nutrition information, misinformation, and commercial food advertising; assessing personal eating habits; and setting and achieving goals related to these concepts.

b) **Marketing and Promotion**

1. As appropriate, the District will promote nutrition education activities that involve parents, students, and the community.
2. The District will promote school and community awareness of this policy through various means, such as a publication on the District website.
3. The District will encourage and promote wellness/nutrition and fitness through social media, newsletters, and family wellness events.
4. Marketing and advertising on school campuses during the school day will be consistent with nutrition education and health promotion. As such, schools will restrict food and beverage marketing to the promotion of those foods and beverages that meet the nutrition standards set forth by the Healthy Hunger-Free Kids Act's Smart Snacks in School Rule.

c) **Additional provisions.**

1. Parents will be encouraged to send in healthy treats for classroom celebrations.

2. School personnel are strongly discouraged from using food as a reward or withholding food as punishment under any circumstance.

### Physical Activity

- a) The Williamsville Central School District will provide opportunities for every student to participate in physical education and to be involved in physical activities. In doing so,

The District aims to promote among students the development of knowledge and skills for specific physical activities, the maintenance of physical fitness, regular participation in physical activity, and an understanding of the short-term and long-term benefits from a physically active and healthy lifestyle.

1. The District will ensure that the following standards are met to achieve its goals relative to physical education and physical activity:

The District will have a Board-approved Physical Education Plan on file with the New York State Education Department that meets or exceeds the requirements set forth in Section 135.4 of the Commissioner's regulations.

2. The District recognizes the importance of physical education classes in providing students with meaningful opportunities for physical exercise and development. Consequently, the District will ensure:

- (a) All physical education classes are taught or supervised by a certified physical education teacher;
- (b) All physical education staff receive professional development relevant to physical education on a yearly basis;
- (c) Interscholastic sports, intramural sports, and recess do not serve as substitutes for a quality physical education program;
- (d) It provides adequate space and equipment for physical education and conforms to all applicable safety standards;
- (e) An age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education is implemented, with a focus on students' development of motor skills, movement forms, and health-related fitness;
- (f) A physical and social environment is provided that encourages safe and enjoyable activity for all students;
- (g) Accommodations are made to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, the District will abide by specific provisions in 504 Plans and/or Individualized Education Programs (IEP).
- (h) All students, including students in need of adaptive physical education, will be encouraged to participate in physical fitness programs and

3. All students will be required to fulfill the physical education requirements set forth in the Commissioner's regulations as a condition of graduating from the District's schools.

4. Recess will be provided to students in elementary schools in grades K-4, in accordance with established District expectations. Recess will not be withheld for disciplinary action unless the student is a danger to himself or others.

### Other School-Based Activities

The District is committed to establishing a school environment that is conducive to healthy eating and physical activity for all. The District will, therefore, adopt the following standards:

a) Federal School Meal Programs

1. The District will participate to the maximum extent practicable in available federal school meal programs (including the School Breakfast Program (SBP), National School Lunch Program (NSLP), and Summer Food Service Program). Food served through these programs will meet all applicable federal and state standards.
2. The District will ensure that food service directors, managers, and staff are provided with annual professional development in the areas of food and nutrition consistent with USDA Professional Standards for State and Local Nutrition Programs. District food service staff will meet with students in grades 4 through 12 twice annually to solicit feedback on the school breakfast and/or school lunch program(s).

b) Access to School Nutrition Programs - The District will utilize a system of student payment that ensures all eligible students have access to free/reduced meals in a non-stigmatizing manner.

c) Meal Environment - The District will facilitate:

1. School dining areas have sufficient space for students to sit and consume meals;
2. School dining areas are clean, safe, and pleasant environments that reflect the social value of eating;
3. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time;
4. All students to have a scheduled lunch period;
5. Lunch times are scheduled near the middle of the school day;
6. Students are given adequate time to eat healthy meals;
7. Students and staff have access to free, safe, and fresh drinking water throughout the school day and where school meals are served.
8. Meal accommodations for a student with severe life threatening allergies upon consultation with the District Nutrition Director.
9. Implementation of 504 plans and/or individual health care requirements as applicable to the student's meal environment.

d) Community Access to District Facilities for Physical Activities - School grounds and facilities will be available to students, staff, community members and organizations, and agencies offering physical activity and nutrition programs consistent with District policy, including provisions regarding conduct on school grounds and administrative approval of use by outside organizations.

e) Community Partnerships - The District will continue relationships with community partners in support of the implementation of this policy. Existing and new community partnerships will be evaluated to ensure they are consistent with this policy and its goals.

f) Community Involvement, Outreach, and Communications - The District will use its official website, along with other electronic and non-electronic means, to notify parents and the public, in culturally and linguistically appropriate ways, about the content, implementation of, and updates to this policy as well as how to become involved and support this policy. The District will use these same means to inform the community about the availability of the annual and triennial reports relative to this policy.

g) Before and After School Activities -The District will offer opportunities for students to participate in physical activity before and/or after the school day through various methods, such as intramurals, and extramural activities

h) Active Transport -The District supports active transport to and from school, i.e. walking or biking.

## **Nutrition Guidelines**

In an effort to encourage healthy life-long eating habits by providing foods that are high in nutrients, low in saturated fat and added sugars, have zero grams' trans-fat per serving, and are of moderate portion size, the District Wellness/Nutrition and Fitness Committee recommends nutrition standards to be set for all foods and beverages available on school campus. For purposes of this policy, the school day is defined as the period from the midnight before, to 30 minutes after the end of the official school day.

## **School Meals**

All schools within the District participate in the USDA child nutrition programs, including the NSLP and the SBP. School meals will, at a minimum, meet the program requirements and nutrition standards of these programs. The District is committed to ensuring that meals through the SBP and NSLP are accessible to all students, are

served in sanitary settings, are appealing to children, and meet or exceed those nutrition requirements established by local, state, and federal law and regulation. The USDA nutrition standards are available at:

<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>.

## **Fundraising**

a) All foods and beverages sold as or during a fundraiser during the school day will meet, or exceed, the nutritional requirements listed in the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Rule; these foods and beverages sold as fundraisers will not be sold until the end of the last lunch period, so as not to compete with the NSLP.

b) School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this policy by promoting the sale of healthy food items (fresh fruit and produce) and promoting events involving physical activity.

c) All school-sponsored fundraisers must be approved by the appropriate building principal prior to being

## Competitive Foods and Beverages Sold and Served to Students During the School Day

Competitive foods--which include all foods and beverages sold to students outside of the school meal programs, on the school campus in student accessible areas, and at any time during the school day -- will follow, at a minimum, the nutrition standards specified by the Healthy, Hunger-Free Kids Act. These standards will apply to all foods and beverages sold individually and outside of the reimbursable school meal, including vending machines, school stores, and cafeteria a la carte lines.

## Competitive Foods and Beverages Served to Students During the School Day

The District will encourage staff and parents to provide students with healthy options at any event where foods and beverages are served to students (i.e., classroom and school-wide celebrations and rewards).

## Foods and Beverages Sold or Served at Events Outside of the School Day

a) At events where food and beverages are sold, 50% of items sold must meet the USDA Healthy, Hunger-Free Kids Act "Smart Snacks in Schools" Standards.

## Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education and training requirements as specified in the USDA Professional Standards for School Nutrition Professionals. In order to locate the training that best fits their learning needs, school nutrition personnel will refer to the USDA's Professional Standards for School Nutrition Standards website.

## Implementation and Evaluation of the Wellness/Nutrition and Fitness Policy

a) The District will establish an implementation and evaluation plan for this policy in order to monitor its effectiveness and the possible need for modification over time. To this end, the District has designated the following individual(s) as District Wellness/Nutrition and Fitness Coordinator to ensure that the District meets the goals and mandates of this policy the Assistant Superintendent for Finance and management Services, the Assistant Superintendent for Exceptional Education and Student Services and the Assistant Superintendent for Instruction.

The contact information for this/these individual(s) is/are: Phone # 716-626-8000

b) Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the Wellness/Nutrition and Fitness Policy, are welcomed as an essential part of the District's evaluation program.

c) Assessments of compliance with the District's Wellness/Nutrition and Fitness Policy and implementation efforts will be repeated on a triennial basis. The assessment will include:

1. 1. Compliance with the policy;
2. 2. How the policy compares to model other similar policies; and
3. 3. Progress made in attaining the goals of the policy.

The position/person responsible for managing the triennial assessment is:

The Assistant Superintendent for Finance and Management Services;

and his or her contact information is: Phone # 716-626-8000

The District will, as necessary, revise and update this Wellness/Nutrition and Fitness

Policy, but at least every three years following the triennial assessment, and develop work plans to facilitate its implementation.

h) The annual progress report, triennial assessments, and policy updates will be provided to the Board, posted on the District's official website, and distributed to the District Wellness/Nutrition and Fitness Committee, parent-teacher organizations, building principals, and school health services personnel within the District. Printed copies will also be made available to community residents upon request.

### **Annual Notification**

The District will inform families and the general public each year, via the District website and/or District-wide communications, of information about this policy, including, but not limited to, its content as well as any updates. The District will endeavor to share as much information as possible about its schools' nutrition environment, including, a summary of school events or activities relative to this policy implementation. Each year, the District will also publicize the name and contact information of the

District official leading and coordinating the Wellness/Nutrition and Fitness Committee as well as how the community may get involved with the wellness committee

### **Recordkeeping**

The District will retain records relative to compliance with the requirements of this policy in the District Office and/or on the District's central computer network. Documentation maintained at this location includes, but is not limited to:

- a) The written Wellness/Nutrition and Fitness Policy;
- b) Documentation to demonstrate compliance with the annual public notification requirements;

that make the policy available to the community.

- c) The most recent assessment on the implementation of this policy;
- d) Documentation demonstrating the most recent assessment on the implementation of this policy has been made available to the public.

National School Lunch Act, 42 USC § 1758(b)  
National School Lunch Program and School Breakfast Program regulations, 7 CFR §  
210.11  
Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act  
of 2010; 79 FR 10693 Education Law § 915  
8 NYCRR § 135.4

NOTE: Refer also to Policy # 5660 -- School Food Service Program (Lunch and  
Breakfast)

Adoption Date: 7/7/09  
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